NAVAL SUPPORT ACTIVITY BETHESDA

The Journal

Vol. 28 | No. 10 | www.dcmilitary.com/journal/ | November 3, 2016

Operation Bushmaster Challenges USU Students

-Page 3



Photo by Sarah Marshall

Navy Celebrates 2016 American Indian, Alaska Native Heritage Month

By Chief of Naval Personnel Public Affairs

The Navy joins the nation in celebrating American Indian and Alaska Native Heritage throughout the month of November.

This year's theme, "Serving our Nations," represents American Indians and Alaska Natives, both civilian and military, as U.S. citizens and citizens of their tribes.

Today, National American Indian and Alaska Native Heritage Month is celebrated to recognize the intertribal cultures of Native Americans and to inform the public of the rich heritage, history, and traditions of American Indian and Alaska Native peoples.

More than 9,000 Sailors and 2,000 civilians of American Indian and Alaska Native heritage serve in the Navy. According to the U.S. Department of Interior's Bureau of Indian Affairs, 565 federally-recognized American Indian tribes and Alaska Natives reside in the United States, composed of nearly 4.5 million American Indians and Alaska Natives, or 1.5 percent of the nation's population.

American Indians and Alaskan Natives have served honorably in the United States Navy for more than 200 years. During the 20th century, three Sailors of American Indian heritage received the Medal of Honor — including Navy Cmdr. Ernest E. Evans, of Cherokee and Creek ancestry, who was awarded the medal posthumously for his actions during the Battle of Leyte Gulf while commanding destroyer USS Johnston (DD 557) Oct. 25, 1944.



PHOTO BY PO3 SHAUNA C. SOWERSBY

Naval Hospital Bremerton staff members perform a traditional tribal dance at Naval Hospital Bremerton for a Native American Heritage Ceremony in honor of Native American Heritage Month.

Petty Officer 1st Class James Elliot Williams, a South Carolina Cherokee, received the Medal of Honor for heroic actions as a river patrol boat commander in South Vietnam's Mekong Delta Oct. 31, 1966. He is the most decorated enlisted Sailor in Navy history. In December 2004, guided-missile destroyer USS James E. Williams (DDG 95) was commissioned and named after Williams.

Lt. Michael Edwin Thorton, a South Carolina Cherokee, received the Medal of Honor for his heroic action as a petty officer second class SEAL in the Mekong Delta Oct. 31, 1972.

Patriots of American Indian and Alaskan Native heritage continue to build legacies of freedom and diversity. Serving today, Rear Adm. Jeffrey Trussler, an Oklahoma Cherokee, was commissioned at the Officer Candidate School in Newport, Rhode Island, and qualified as a submarine officer. He was a recipient of the Naval Submarine League's Rear Adm. Jack Darby Award for Inspirational Leadership and Excellence in Command for 2006, and as a member of the Cherokee Nation was the American Indian Science and Engineering Society Executive Excellence award winner for 2008.

Bethesda Notebook

Prostate Cancer Care

Dr. Camille Williams will discuss "Radiation Therapy Treatment Options for Prostate Cancer: Understanding the Basics" on Nov. 3 from 7 to 8:30 p.m. in the America Building, second floor, room 2525 at Walter Reed Bethesda. The presentation will be shown by video teleconference at Fort Belvoir Community Hospital in the Oaks Pavilion, first floor, room 332. Military ID is required for base access to WRNMMC. For those without a military ID, call Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Holiday Safety Training

Mandatory holiday safety training for all Walter Reed Bethesda and staff members is scheduled for Nov. 8-9. Staff members need to attend one half-hour block of instruction beginning at 5 a.m. in Clark Auditorium and 5:30 a.m. in Memorial Auditorium. Training is held every hour until 4 p.m. in Clark, and every hour until 4:30 p.m. in Memorial. A CAC ID is required for sign-in as proof of attendance. For more information, call 301-295-5733. Naval Support Activity Bethesda staff members can attend training at the USO Warrior and Family Center Nov. 15 from 8 a.m. to 2 p.m. or Nov. 17 from 9 a.m. to 2 p.m.

Fleet, Family Support Center

The Fleet and Family Support Center (FFSC) on Naval Support Activity Bethesda offers programs intended to assist service members and their families with military life. FFSC's workshops and seminars include: job search strategies for military spouses; federal resume writing; time management; credit management; consumer financial awareness; interview skills; pre-deployment briefings; return and reunion briefings; and more. For more information, call 301-319-4087, or visit FFSC in Bldg. 11, first floor.

Published by offset every Thursday by APG Media of Chesapeake, LLC, 301-921-2800, a private firm in no way connected with the U.S. Navy, under exclusive written contract with Naval Support Activity Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of the Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or APG Media of Chesapeake, LLC, of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user, or patron. Editorial content is edited, prepared and provided by the Public Affairs Office, Naval Support Activity Bethesda, Md. News copy should be submitted to the Public Affairs Office, Building 17, first floor, across from PSD, by noon one week preceding the desired publication date. News items are welcomed from all installation sources. Inquiries about news copy will be answered by calling 301-295-1803. Commercial advertising should be placed with the publisher by calling 301-848-0175. Publisher's advertising offices are located at APG Media of Chesapeake, LLC, 29088 Airpark Drive, Easton, MD 21601. Classified ads can be placed by calling 1-800-220-1230.

Naval Support Activity Bethesda

Commanding Officer: Capt. Marvin L. Jones

Public Affairs Officer: Jeremy Brooks

Public Affairs Office: 301-295-1803

Journal Staff

Managing Editor	PO3 William Phillips
WRNMMC Editor	Bernard Little
Writers	Andrew Damstedt
	PO2 Hank Gettys
	PO1 Christopher Krucke
	Joseph Nieves
	Jamie Petroskey
	Sharon Renee Taylor

NSA Bethesda	
Fleet And Family Support Center	301-319-4087
NSAB Emergency Info	301-295-6246
NSAB Ombudsman	
Dedra Anderson	301-400-2397
NSAB Chaplain's Office	301-319-4443
	301-319-4706
Installation SARC	
Kimberley Agnew	301-400-2411
Troop Command SARC	
Rosemary Galvan	301-319-3844
SARC 24/7	301-442-2053
SAPR VA 24/7 Helpline	301-442-8225

Capstone Field Exercise Tests USU's Medical Students

By Sarah Marshall
USU External Affairs

Complete with helicopter evacuations, mock explosions, reality-based missions – even canine casualties – medical students from the Uniformed Services University of the Health Sciences (USU) recently experienced the challenges of caring for patients in a simulated combat environment.

The fourth-year medical students participated in a field exercise, known as Operation Bushmaster, or Medical Field Practicum 202, which took place Oct. 10-21 at Fort Indiantown Gap, an Army National Guard post nestled in the mountains just north of Harrisburg, Pa. The exercise aims to teach future military medical officers the skills they need to perform their duties in operational assignments after medical school, while preparing them to become leaders in the military health care system, explained Army Col. Francis O'Connor, Professor and Chair of Military and Emergency Medicine (MEM) at USU.

Bushmaster is the capstone event of the students military medical education, challenging their knowledge of military medical practice, tactical combat casualty care (TCCC), and leadership. The exercise involves nearly 500 personnel and puts in to patient casualty play more than 2,000 patient scenarios. A number of volunteer faculty members supported the evolution, along with colleagues within the Military Health System, including Walter Reed National Military Medical Center, Fort Belvoir Community Hospital, and the Walter Reed Army Institute of Research. Active duty and reserve units throughout the mid-Atlantic also assisted, including Marine Corps Base Camp Lejeune.



PHOTO BY SHARON HOLLAND

The Uniformed Services University of the Health Sciences incorporated a helicopter simulator at Operation Bushmaster so students could experience the challenges of caring for an evac patient in flight.

Graduate School of Nursing students participated, as well as international military medical officers from Israel, the United Kingdom, Mexico, France and Canada. First-year medical students had a role, too. Donning "cut suits" or moulage, they put on their best potential Academy Award-winning performances to portray casualties, ranging from cardiac arrest to gunshot wounds.

Before heading up to Bushmaster, the students went through a two-week intensive military contingency medicine course, during which they were presented operational problems, and were given pre-deployment training, just as they would have prior to a real deployment, O'Connor said. This classroom phase included lectures, small group sessions, tactical combat casualty care training, and practical exercises, focusing on needed skillsets and team building. As they became a cohesive unit, they prepared to deploy to the notional country of Pandakar facing challenges from rebel forces, he said.

The students were then sent sequentially, in two groups, to spend five days on the Army post. Once there, they were assigned to one of four platoons – each undergoing the same scenarios, planning and executing missions, while simultaneously caring for casualties. The students were constantly faced with unfolding conditions, round-the-clock, with scenarios involving improvised explosive devices (IEDs), wide-spread disease outbreaks, simulated injured working dogs, and triaging the wounded while arranging for their evacuation and caring for them in flight.

See **EXERCISE** Page 5

Effective Communication Helps Medical Center Save Lives

By Andrew Damstedt
The Journal

For the 86 people who were checked for skin cancer during the 2016 Melanoma Awareness Day Skin Cancer screenings in May, 40 received biopsies of suspicious lesions and 15 later received a skin cancer diagnosis.

The event was heavily promoted by Walter Reed National Military Medical Center's (WRNMMC) Strategic Communications Department. The department created multiple products, including an insert in The Journal, a large physical banner that hung in the America Building, an intranet banner, social media posts and flyers.

"It's a really important day – the skin cancer screening day," said Catherine Myrick, WRNMMC senior strategic communications specialist, who said the day was open to all staff even those without Tricare. "Some people just don't have the time to schedule appointments, but they're wondering about this spot here or there. That was a good avenue for them to be at least diagnosed; even though they can't receive follow-up care here they know they need to do it elsewhere."

The skin cancer screening insert, which recently received a MDDC Press Association award, is one example of the many ways the Strategic Communications Department strives to put out healthcare information in an easily accessible and understandable way.

The Strategic Communications Department has a staff of nine people who create individualized hospital ward brochures, educational brochures, and booklets for patients to understand the care they'll receive at the medical center. They're also involved in making health safety lab coat or badge card checklists, and radiology treatment cards. The department helps keep staff, patients and visitors updated about changes to the medical center because of the many construction projects happening and scheduled to happen on base. And the list goes on.

The department recently updated a pediatric department booklet to help patients diagnosed with diabetes understand how to maintain their health on a daily basis, she said.

"We turn a lot of 'doctor speak' into patient accessible language, and we're delivering that in an easy-to-understand piece so patients aren't confused or overwhelmed," Myrick said.

Because of a rise in opioid overdose deaths in the United States, the department also recently updated an opioid education brochure, which is reviewed with each patient and caregiver for those patients who are prescribed an opioid. The Centers for Disease Control and Prevention reported that opioid drug overdoses reached an all-time high of 28,000 people in 2014 – with at least half involving a prescription.

The education brochure created by Walter Reed Bethesda Strategic Communications Department explains that "opioids are a type of drug used in many prescription pain medications and illegal drugs such as heroin. Opioids minimize the effects of pain signals sent to the brain."

The brochure also goes over the risks including, what happens if someone overdoses and how to administer naloxone – a temporary antidote to an opioid overdose. The brochure goes over opioid medication safety, what not to mix when taking an opioid, and a space to write down the patient's doctor name and number.

"This is life-saving information that is communicated in a patient-accessible easy to understand language," Myrick said.

The Strategic Communications Department was established in 1998 to explain the new Tricare system and has since expanded to include health care promotions and letting patients know their health care options, she said.

For example, Myrick said the department created a booklet about all the military treatment facilities in the region and what's offered at each facility.

"[Patients and family members] responded well to that because they didn't know about the nurse advice line or that we had a Fast Track in our ER," Myrick said.

The department also created a standard for reporting patient safety, quality of care, patient satisfaction and health outcomes data, by creating web pages at the medical center's website at http://go.usa.gov/xkF4w.

"How we went above and beyond was to create a narrative for each metric that is reported so that our patients and other beneficiaries would be given practical information about what they were seeing in terms of data and what it means for them, including ways to be proactive about maintaining their health and making informed healthcare decisions," Myrick said.

This past summer, the department sent a mailing to end-stage kidney disease patients to inform them of Walter Reed Bethesda's organ transplant service. Included in the mailing was information about the medical center's high survival ratings, and that there is a travel fund for people to come to the medical center for their transplant surgery as well as pre- and post-care, she said.

"This organ transplant service here — it's the only one in the Department of Defense and you can get a transplant, much, much quicker by accessing our service than in a civilian or private sector," Myrick said. "If someone sees that mailing that didn't know, they call, they get an appointment, they get a transplant that could potentially save their lives."

‘Crib of Horrors’ Promotes Safety at Walter Reed

By Kalila Fleming
WRNMMC Public Affairs

It was a “Crib of Horror” at Walter Reed Bethesda for Halloween.

The “Crib of Horrors” is as frightening as it sounds, and it’s the medical center’s approach to promote a culture of pediatric safety.

Navy Capt. (Dr.) Gregory Gorman, director of the Pediatric Residency Program at Walter Reed National Military Medical Center, explained this was the hospital’s first year participating in the campaign.

Walter Reed Bethesda adopted the unique way to teach pediatric safety issues from the Montreal Children’s Hospital in Quebec, Canada.

The Montreal Children’s Hospital uses the “Crib of Horrors” as part of its Champions for Patient Safety initiative, established to facilitate discussion groups and learning opportunities for patient safety and broad participation throughout a hospital community.

“[Our] ultimate goal is to increase patient safety and to make [WRNMMC] a 100 percent safe place for our pediatric patients,” Gorman said. “For pediatric patients it is a lot easier to have a safety error compared to an adult patient, for a lot of reasons,” he added.

Children are different sizes and have different developmental abilities, and are therefore more prone to medical and equipment errors, Gorman explained. In addition, he said, “pediatric medicine uses kilograms to determine weight base dosing and to figure out equipment sizes, [so] when somebody mistakenly transcribes the pounds onto a patient chart, that can easily, result in overdoses or missed equipment.”

Staff took the “Crib of Horrors” to areas throughout Walter Reed Bethesda that care for pediatric patients, including inpatient pediatrics, emergency room, ambulatory procedures unit, operating room, radiology and more, to provide an adequate and effective display, Gorman added.

The mobile display included an infant or child mannequin in a crib with a list of hazards and safety errors such as uncapped needles in the bed, a misplaced feeding tube, the wrong chart in the crib, multiple medication errors, excessive tubing that could strangle the infant, and so on. The safety challenge for staff members was to list all the errors they detect.



PHOTO COURTESY ARMY LT. COL. GREGORY GORMAN

Walter Reed National Military Medical Center staff members look for safety errors in the “Crib of Horrors,” a patient safety initiative and challenge, which made the rounds in the hospital last week and on Halloween.

Roxi Da Silva, clinical nurse educator on 3 West Inpatient Pediatrics, said staff in her area thought the “Crib of Horrors” was a great learning opportunity. “The staff enjoys hands on activities as a means of learning,” she added.

Da Silva explained she put the crib together with the doll, hazards, emergency drug sheet with errors and chart with errors with suggestions from Gorman and Mia Johnson of Maternal Child Infant Nursing.

“The ‘Crib of Horrors’ was an excellent opportunity to share safety concerns with other areas that have encounters with pediatric patients,” Da Silva explained. “Some of these things are second nature for pediatric nurses, but not necessarily for nurses with no pediatric experience. [The crib] helps to promote a culture of safety that is vital for our littlest warriors that we are very proud to care for here at WRB,” she added.

Mary Garrison, an American Red Cross volunteer who assisted with the effort agreed. She took the crib to through the hospital.

“Providing safety education to health care professionals, hospital staff, patients and families is critical to preventing harm to pediatric patients in either the hospital or home setting,” Garrison said. She added the crib’s impact sparked a lot of conversation around the hospital.

“Many participants were horrified and outraged by the hazards and safety errors experienced by our baby ‘Chucky,’ even though he was a mannequin. Just the thought that a baby/child would be subjected to such dangers and discomfort was upsetting to many people,” the American Red Cross volunteer said.

“I am impressed with how well Walter Reed Bethesda works to train their staff comprehensively and to create a culture of safety,” Garrison continued. “I would also commend Dr. Gorman [and his team] for finding this creative patient safety initiative and implementing it at Walter Reed Bethesda.”

For more information on the “Crib of Horrors”, contact the WRNMMC Pediatric Medicine Clinic at 301-295-4900/4941.

New Program Launched to Prevent Workplace Violence

By Sharon Renee Taylor
WRNMMC Public Affairs

The National Capital Region Medical Directorate (NCR MD) launched a new program to prevent workplace violence Oct. 20. The Workplace Violence Prevention Program was developed to reduce occupational violence at the region’s military health care facilities.

Effective July 29, 2016, NCR MD AI Policy Number 1400.08 established the Workplace Violence Prevention Program. The policy defines workplace violence as “any violent act directed toward others at work through offensive or threatening language, physical violence, and inappropriate body language whether direct or indirectly, including, but not limited to vandalism, arson, and sabotage occurring in the workplace.” The program calls for zero tolerance for any workplace violence, threats of violence, harassment, intimidation, bullying and other disruptive behavior.

Some 2 million American workers are victims of workplace violence each year, according to the Occupational Safety and Health Administration (OSHA). Health care and social service workers are almost four times as likely to be injured as a result of violence as the average private sector worker, OSHA adds.

“The [NCR MD Workplace Violence Prevention] program is designed to give healthcare workers an opportunity to acquire free workplace violence prevention training,” Dr. Joan Y. Gordon, program manager for the workplace violence prevention initiative.

“It’s important for all employees to feel safe at work,” explained Clodeth C. Findlay, chief for personnel, Defense Health Agency, National Capital Regional Medical Directorate (NCR MD).

For that reason she initiated research as well as a workgroup to build a workplace violence program for the NCR MD, which includes Walter Reed National Military Medical Center (WRNMMC), Joint Pathology Center (Md.), Fort Belvoir Community Hospital (Va.), and outlying clinics throughout the region. The program covers a range of violence: from minor infractions to major concerns.

The program is a preventive measure that will hopefully eradicate workplace violence at the very beginning, explained Gordon. She said prevention effort is important because it allows the medical center to focus more on patients and enhance productivity. “We want people to enjoy their job. We’re in a service business.”

According to Gordon, workplace violence remains “quite prevalent [in the American workplace] but people don’t think about it.” She said workplace violence is more common than incidents reported. “It can happen in any workplace.”

The key to prevention is to get to it before it escalates, Gordon stressed. “I think a lot of people hold things in. If we don’t create an environment of trust where people can express themselves professionally with respect, it could potentially contribute to a work environment that’s not positive.” Workplace violence “can start and end with one word, and it can start and end with you,” Gordon said.

Defense Health Agency representatives introduced the new program on-site at Walter Reed National Military Medical Center (WRNMMC), Fort Belvoir Community Hospital, and the Joint Pathology Center. Gordon led a conflict management-workplace violence prevention class Oct. 5 and 6 as a part of a rehabilitation nurse training course, led by at Walter Reed Bethesda. Surveyed participants in the course enjoyed the class, asked to increase class time, and suggested the class be included in future mandatory trainings, like new staff orientation. Gordon taught the class at FBCH Oct. 13 and 14, and requested to return.

In addition to providing training in on-site classes, the Workplace Violence Prevention Program will offer interactive training on JKO [Joint Knowledge Online] for annual certification. The program’s web page will also include video vignettes. Currently, the web page includes a downloadable incident report that can be submitted anonymously.

Policy Number 1400.08 calls for open-door communication between employees and supervisors, as well as mandatory training for employees and supervisors. The policy includes procedures for identifying warning signs of potential violence, and incident reporting procedures.

A 2011 four-state study of nurses indicated health care violence leads to increased absenteeism, increased use of sick leave, lower productivity, low morale and increased requests for transfers.

Workplace violence can also affect a medical center’s Joint Commission accreditation. The organization that surveys health-care facilities for safe and effective care, the Joint Commission indicates intimidating and disruptive behavior among colleagues can foster medical errors and contribute to poor patient satisfaction and other wise preventable adverse outcomes.

Representatives for the NCR MD Workplace Violence Prevention Program will participate in WRNMMC’s Health Fair Oct. 26 in the lobby of the America Building. They will be available to answer questions and provide information about the new program. For additional information, visit http://www.capmed.mil/EmployeeServices/WVP/SitePages/Home2.aspx.

EXERCISE

From Page 3

"While patient care is a large part of their training, communication skills and logistics are just as important – it's essential to obtain the necessary supplies and manage logistics," O'Connor said. However, according to O'Connor, the exercise is first and foremost a test of leadership.

Throughout the exercise, the students were assigned various roles, such as triage officer, medical logistics, litter bearers transporting patients, or patient administrators. They frequently rotated positions, allowing each student to practice different roles. A Pandakar "day" was four hours in duration real-time; with each day change came a new job and responsibility.

Meanwhile, the students were observed by faculty and graded on how well they performed key positions, including platoon leader, ambulance team leader, combat stress control officer, preventive medicine officer, or ambulance team leader. Grades were based on a number of factors, including communication and leadership skills.

On the final day, the platoons – with about 25 students each – responded to a mock mass casualty with more than 30 wounded. Simulated gunfire and explosions resonated through the air as smoke billowed through the woods, and casualties rapidly came from left and right.

"They might have thought they knew what they were going to walk into, but when they see the sheer magnitude and the sights – it's a shock to the senses," O'Connor said. "They have to take a step back, reach back from lessons learned over the prior four days, and within the chaos of the environment, come up with a plan, and attempt to create order and balance, and most importantly, move the casualties. It's very difficult, and very realistic."

Overall, though, the students' experience was both challenging and rewarding, he said. As they were constantly being thrown problems, they had to adapt in that environment and work as a team. Everyone looked out for one another, making sure they all stayed hydrated, had adequate rest, and did not overexert themselves – an important aspect of combat stress.

"It's an extremely important exercise, and it definitely tests the students in ways that cannot be accomplished in a classroom," he said. O'Connor credits the leadership of Air Force Maj. (Dr.) Kevin Semelrath, the exercise director, and his non-commissioned officer-in-charge, Army Sgt. 1st Class Alex Menchaca, as well as all supporting members in MEM, for Bushmaster's success.

After the exercise, the students returned to their clinical rotations across the country.





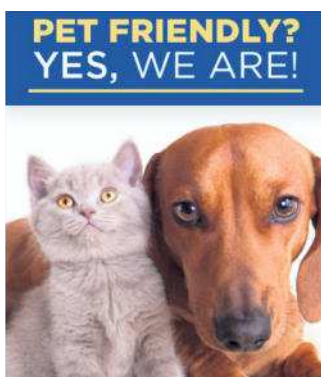
Welcome to Your NavyLodge® Bethesda

You work hard to find the best accommodations at the best rate. We work just as hard to deliver them...plus, we add award winning service. Navy Lodge is committed to providing our guests the best value anywhere.

From the moment you arrive, our warm hospitality and excellent facilities will make you feel at home. You can count on us for a spacious comfortable room or family suite with fully equipped kitchenette and a well-lit workspace. Wherever your travels take you, our staff of professionals is ready to serve you.

We offer complimentary breakfast, Wi-Fi, and newspapers to help get your day started and keep you connected.

Room rates at an average of 45 percent below comparable civilian hotels.



Navy Lodges are "Pet Friendly."

If you are traveling with a pet please call the Navy Lodge Reservation Center at (800) 628-9466 to make your reservation, or go online www.navy-lodge.com

8855 Stokes Road, Bldg. 52
Bethesda, MD 20889-5642

HELP GIVE
OUR MILITARY FAMILIES A HELPING HAND.

Wounded Warriors Family Support is an independent nonprofit organization whose mission is to improve the quality of life for the families of our combat wounded. Having earned Charity Navigator's highest four-star rating, *Wounded Warriors Family Support* aids veterans and their families in healing the wounds that medicine cannot.

Wounded Warriors Family Support serves veterans and their families across the country in a variety of ways: Respite, Family Retreats, Mobility-equipped Vehicles and Veterans Welding Training.

CFC# 81534
wwfs.org



OUR MISSION: SUPPORTING MILITARY FAMILIES

CHARITY NAVIGATOR

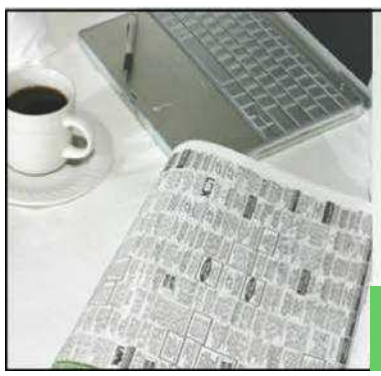
WOUNDED WARRIORS FAMILY SUPPORT
WOUNDEDWARRIORSFAMILYSUPPORT.ORG

NOW LIVE!

The **SoMdNews App** brings you the latest local, sports and community news and information from the Southern MD Newspapers, 24/7.



The free app is updated from our full website, **somdnews.com**, in real time, delivering you the latest headlines. Download the app at **somdnews.com/newsapp** or Scan the QRC code.



Classifieds

Call 301-645-0900

Houses for Sale



BEAUTIFUL VICTORIAN BUILT IN 1995 LOCATED IN CENTREVILLE MD. 2,514 sq. ft, 3 Bedroom, 2 & 1/2 Baths on 12.5 acres. Wildlife abounds, pond stocked w/fish, outdoor kitchen, pool, large deck & pergola. $439,000 Call Jeff Plummer 443-790-2513

RENT HIRE
TRADE SHOP
SWAP FIND
TO PLACE YOUR AD
CALL 301-645-0900

Apartments Unfurnished

Equal Housing

All Real Estate advertised herein is subject to the Federal Fair Housing Act which makes it illegal to indicate any preference, limitation, or discrimination based on sex, handicap, familial status, or national origin or an intention to make any such preference, limitation, or discrimination. We will not knowingly accept any advertising for Real Estate which is in violation of the law. All persons, are hereby informed that all dwellings advertised are available on an equal opportunity basis. If you believe you have been discriminated against in connection with the sale, rental, or financing of housing, call the United States Department of Housing and Urban Development at 1-800-669-9777.

Help Wanted Full Time

25 DRIVER TRAINEES NEEDED! Become a driver for Stevens Transport! NO EXPERIENCE NEEDED! New drivers earn $800+ per week! PAID CDL TRAINING! Stevens covers all costs! **1-888-734-6714 drive4stevens.com**

To place an ad
Call 301-645-0900
or visit us online at
classads@
somdnews.com

Driver
RUAN
NOW HIRING
In Landover, MD Great Opportunity!
Dedicated Customer!
Earn up to $75,000 /Year!
Be home every other day!
$18.74 per hr. for Short Hauls
49.7¢ per Mile & $28 per Stop for Long Hauls
Full benefits available
Call 800-879-7826
for more information
or apply online at
www.ruan.com/job
Dedicated to Diversity. EOE.

MEDICAL BILLING SPECIALISTS NEEDED! Begin training at home for a career working with Medical Billing & Insurance! Online training with the right College can get you ready! HS Diploma/GED & Computer/Internet needed. 1-888-734-6711

Notices

RESEARCH VOLUNTEERS NEEDED. Using research blood tests (one time) and a questionnaire, we want to find out if the parasitic infection latent visceral leishmaniasis was transmitted to our OIF deployers. Compensation may be offered. Contact: Mrs. Shaw RN, (301) 295-0002, USUHS/ Walter Reed.

Misc. Services

ACCOUNTING & QUICKBOOKS TRAINING! Online training gets you job ready! Train at home! Job placement when completed! **1-888-407-7162** GED/HS Diploma needed.

CRUISE VACATIONS – 3, 4, 5 or 7+ day cruises to the Caribbean. Start planning now to save $$ on your fall or winter getaway vacation. Royal Caribbean, Norwegian, Carnival, Princess and many more. Great deals for all budgets and departure ports. To search for your next cruise vacation visit www.NCPtravel.com

HERO MILES - to find out more about how you can help our service members, veterans and their families in their time of need, visit the Fisher House website at www.fisherhouse.org

OXYGEN- Anytime. Anywhere. No tanks to refill. No deliveries. Only 4.8 pounds and FAA approved for air travel! May be covered by medicare. Call for FREE info kit: 844-558-7482

SWITCH TO DIRECTV. From $50/Month, includes FREE Genie HD/DVR & 3 months HBO, SHOWTIME, CINEMAX, STARZ. Get a $50 Gift Card. Call 888-672-1159

Travel/ Transportation

ALL INCLUSIVE RESORT packages at Sandals, Dreams, Secrets, Riu, Barcelo, Occidental and many more. Punta Cana, Mexico, Jamaica and many of the Caribbean islands. Search available options for 2017 and SAVE at www.NCPtravel.com

Horses/Tack/ Equip./Supplies

International Dressage Rider and trainer in Brandywine, MD. Board/lessons available. 270-978-8330

Furniture

2 Lawnmowers Free!
734-546-7959

Dining Room Set, $2400.
734-546-7959

Sporting Goods

Many Fitness Machines.
Professional quality. Cheap.
Make offer. 734 546-7959

Stair Stepper.
Professional quality.
Best offer. 734-546-7959

Seasonal

Christmas- Large Light up Decorations and more.
As new $80 all- 301-645-1870

Wanted to Buy

TOP CASH PAID FOR OLD GUITARS! 1920 - 1980 Gibson, Martin, Fender, Gretsch, Epiphone, Guild, Mosrite, Rickenbacker, Prairie State, D'Angelico, Stromberg. And Gibson Mandolins/Banjos. 1-800-401-0440

Motorcycles/ ATVs



2002 Suzuki GSX-R 600 cc, clear title, 33K miles, $2800 OBO. Contact John Kenney 240-434-6599, NAS Patuxent River

Trailers

2016 N+N Hydraulic equipment trailer 20ft x 6.8ft $9500.
Call Pat 301-643-4353

2016 N+N hydraulic trailer
18ft x 6.8ft. $6500
Call Pat 301-643-4353

Trucks/Sport Utility Vehicles

2007 GMC Envoy fully loaded w/leather interior 200,000 miles $4500. Call Pat 301-643-4353

2008 Hino145 20ft Box Truck
258,741 miles. $10,000.
Call Pat 301-643-4353.

Wanted to Buy Autos

CARS/TRUCKS WANTED!!! All Make/Models 2000-2015! Any Condition. Running or Not. Competitive Offer! Free Towing! We're Nationwide! Call Now: 1-888-416-2330.

CASH FOR CARS: We Buy Any Condition Vehicle, 2000 and Newer. Nation's Top Car Buyer! Free Towing From Anywhere! Call Now: 1-800-864-5960.

Donate Your Car to Veterans Today! Help and Support our Veterans. Fast - FREE pick up. 100% tax deductible. Call 1-800-245-0398

WANTED OLD JAPANESE MOTORCYCLES KAWASAKI Z1-900 (1972-75), KZ900, KZ1000 (1976-1982), Z1R, KZ 1000MK2 (1979,80), W1-650, H1-500 (1969-72), H2-750 (1972-1975), S1-250, S2-350, S3-400, KH250, KH400, SUZUKI-GS400, GT380, HONDA CB750K (1969-1976), CBX1000 (1979,80) CASH!! 1-800-772-1142 1-310-721-0726 usa@classicrunners.com

BUY SELL RENT HIRE
TRADE SHOP SWAP FIND
TO PLACE YOUR AD CALL 1-301-645-0900

Giant® Pharmacy SM

Proudly Accepting

TRICARE

Prescription Insurance



Let us fill your next prescription

Transferring your prescriptions is easy. Stop by the pharmacy – we'll take care of everything.

Giant®

giantfood.com